

# 3 Steps for Picking Whole Grains

## Nutrition Facts

Serving Size 1 slice 1/16 loaf  
2oz (56g)  
Servings Per Container About 16

Amount Per Serving

**Calories** 140    **Calories from Fat** 25

% Daily Value\*

**Total Fat** 2.5g    **4%**

Saturated Fat 1.5g    **7%**

Trans Fat 0g

**Cholesterol** 5mg    **2%**

**Sodium** 400mg    **17%**

**Total Carbohydrate** 23g    **8%**

Dietary Fiber 3g    **13%**

Sugars 4g

**Protein** 7g

Vitamin A 2%    • Vitamin C 0%

Calcium 10%    • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

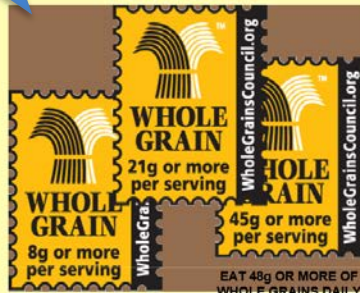
Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** WATER, 100% WHOLE GRAIN WHOLE WHEAT FLOUR, OAT FIBER, WHEAT GLUTEN, YEAST, BROWN SUGAR, CONTAINS 2% OR LESS OF THE FOLLOWING: SALT, DOUGH CONDITIONERS (MONOGLYCERIDES, ETHOXYLATED MONO & DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, AZODICARBONAMIDE, ASCORBIC ACID, CALCIUM PEROXIDE), FUMARIC ACID, YEAST NUTRIENTS (CALCIUM SULFATE, AMMONIUM SULFATE), FLAXSEED, WHEAT STARCH, CALCIUM PROPIONATE, POTASSIUM SORBATE, NATAMYCIN AND GAMMA CYCLODEXTRIN (PRESERVATIVES), SOY LECITHIN.  
**CONTAINS: WHEAT, SOY.**

## The Whole Grain Stamp

Different Numbers on Every Product



**Basic Stamp**  
at least 8g (1/2 serving) of WG



**100% Stamp**  
NO refined grain AND  
at least 16g (1 serving) of WG

The Whole Grains Council



Oldways Preservation Trust



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,  
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